

## PROCLAMATION

# All 4 Run Day June 1<sup>st</sup> 2016

WHEREAS, Menasha welcomes residents and visitors alike to experience and enjoy Menasha's walkable trails, parks, and waterfront; and

WHEREAS, the American Heart Association states that physical activity boosts mental and physical wellness, and recommends at least 150-minutes of moderate activity each week; and

WHEREAS, Global Running Day, an initiative that since 2009 has encouraged communities and runners and walkers to celebrate and participate in the sport of running and walking on the first Wednesday of June every year; and

WHEREAS, over 160 Fleet Feet Sports locations are coming together on June 1 to showcase the benefits, enjoyment, and passion that results from regular running routines in a massive, coordinated group run that spans 38 states and the District of Columbia: including Menasha, Neenah, Appleton, and Kaukauna; and

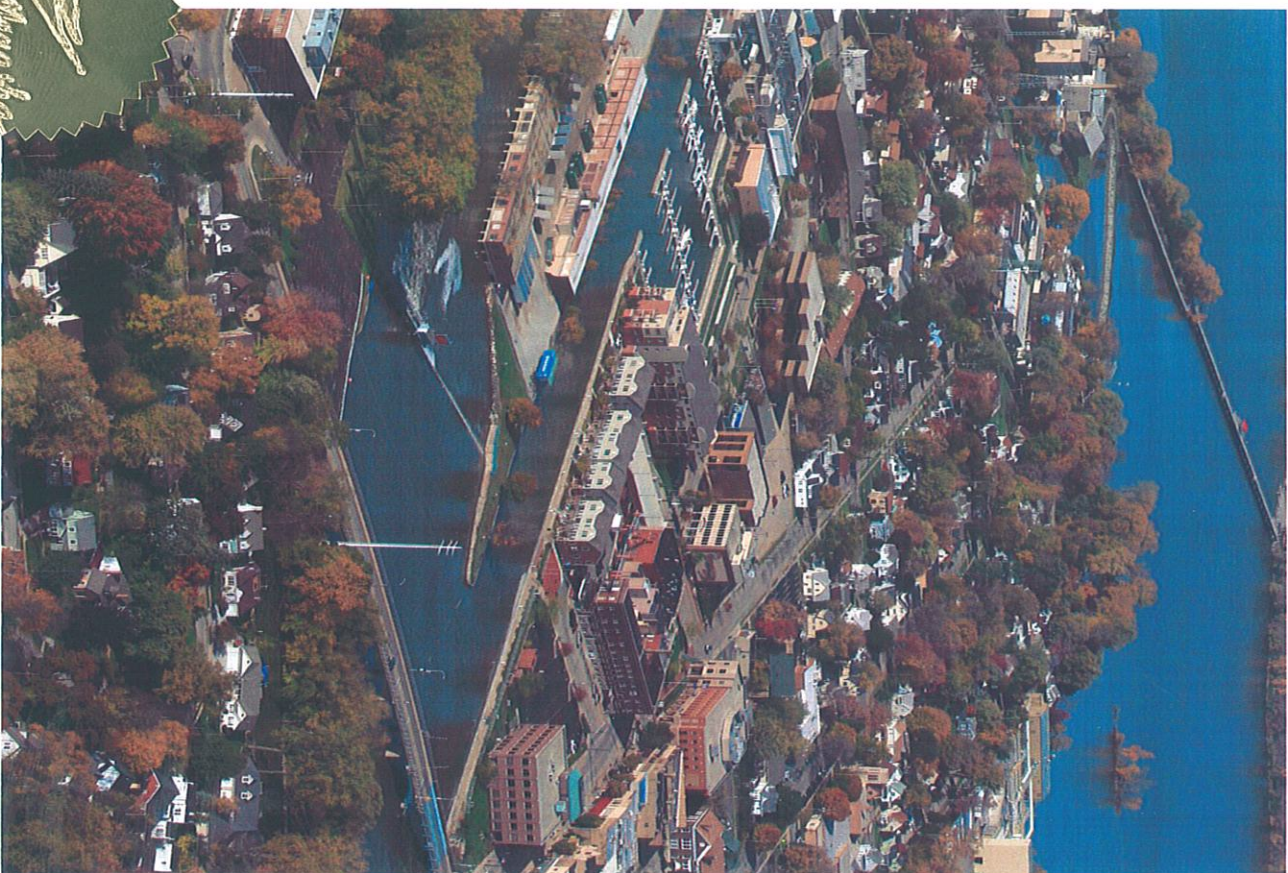
WHEREAS, the City of Menasha continues to invest in infrastructure promoting and supporting an active and healthy lifestyle for its residents and visitors, and is committed to creating free, accessible initiatives that foster community goodwill and pride; and

WHEREAS, the "All4Run" group run/walk provides an unique opportunity for the City of Menasha to connect to the other active communities of walkers and runners across the country and showcase the breadth and influence of running communities across the country.

Now Therefore Be It Resolved, that I, Donald Merkes, Mayor, proclaim June 1, 2016, as

## *All 4 Run Day*

in the City of Menasha



Dated this 27<sup>th</sup> day of May, 2016

Donald Merkes, Mayor

and invite members of the community to participate in a united group run/walk, and encourage everyone to consider the benefits of incorporating running/walking into a daily health and wellness routine this day and every day.